Everyday banking can be costly for the consumer who doesn't have the time or energy to be scheduling their day or organizing their finances around complicated fees and inconsistent hours of operation.

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tuesday, April 29, 2014
NEWS WORTH SHARING
LONDON metro

banking

doesn't have

to be

complicated

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license.
Forward Banking is a registered trademark of Tangerine Bank.

PUT THE SMART BACK IN YOUR PHONE...
Download the FREE Metro app today!
metro
24 SEP
2013 Emmys live up to unpredictable na
Jane Lynch remembers Cory Monteith at Em...
Cyber attacks growing probl
11:21 AM
24 SEP
Ottawa
metro

LONDON metro®

Lotto MAX Friday's Jackpot
$50 million estimated
PLUS 2 X $1 MILLION MAXMILLIONS PRIZES estimated

M.I.A.? JUST USE A HOLOGRAM

THAT'S WHAT SHE DID. USE METRO AR TO HEAR SOME OF THE SINGER'S MUSIC

PAGE 10

Driving into the future

Google is working on a self-driving car, but it may not be done as soon as the company hopes

PAGE 8

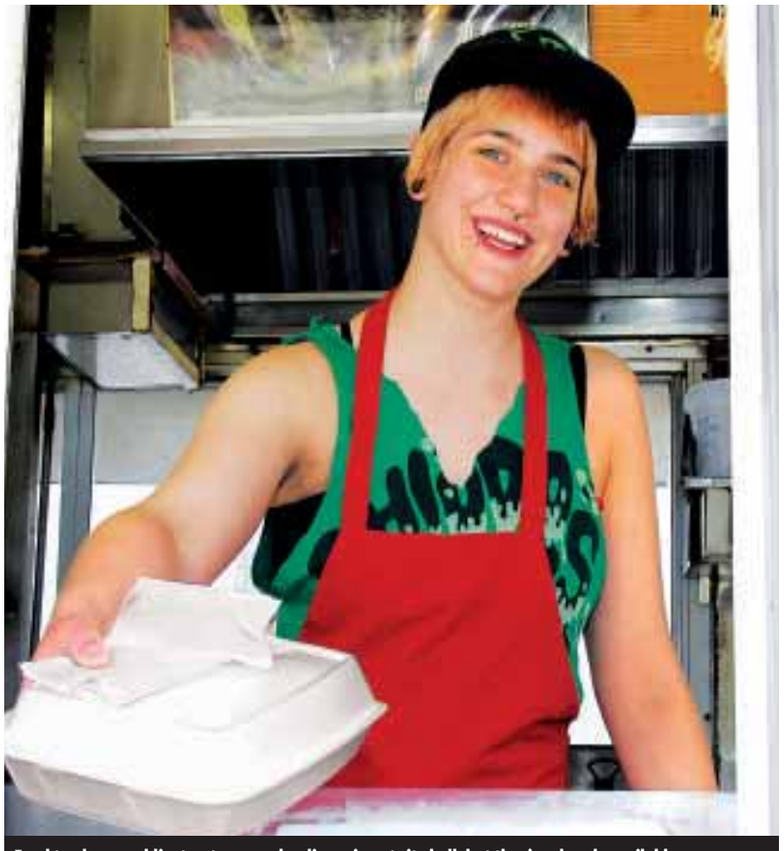
City short over 900K for bridge repair

74-year-old Gore Road Bridge in need of updates, but staff underestimated costs PAGE 4

Retired medic sentenced for sex assaults

Former petty officer James Wilks given 30 months in jail; victims included London women PAGE 2

NEWS WORTH SHARING.



Food trucks on public streets are under discussion at city hall, but they're already available across London on private land. Jocelyn Matthews of the Great Greek Souvlaki truck — known as Sammy's — at Richmond and King streets was ready with lunches Monday.

MIKE DONACHIE/METRO

Food trucks decision postponed

Next week. Special meeting planned by councillors

MIKE DONACHIE
mike.donachie@metronews.ca

It's palatable to some, and not to others. But food trucks still aren't being served up in London — yet.

Councillors have again postponed a decision on allowing food trucks to operate on city streets. The issue's been debated across London since last summer, with city staff spending the fall and winter drawing up guidelines. But councillors remained hesitant. A decision could finally come next week, at a special meeting of the community and protective services committee.

At the same committee's meeting on Monday night, councillors said they feared for the future of downtown restaurants.

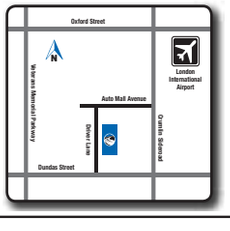
In response, city bylaw enforcement manager Orest Katolyk suggested a maximum of 12 food trucks be allowed on city streets. That's the number he's predicting will start up this year anyway, if they're allowed to. Ethan Ling, a policy co-ordinator for the city, outlined the proposed regulations, saying the hope is to encourage a "vibrant food truck scene" but protect existing businesses.

A licence would be $1,225, and a $300 sales permit would also be needed. Katolyk added that trucks would need to pay for on-street parking and city staff estimate that could cost $3,000 a year.

Trucks would be restricted to streets with public parking, but at least 25 metres from restaurants or homes, or 100 metres from schools and recognized city festivals. Opening times would be between 7 a.m. and 3 a.m. The public also spoke at the meeting. Expressing concerns was John Stobie of Stobie's Pizza. He said businesses are finding times tough.

Chris Bunting, part of the team behind the Goodah Gastro Truck, said: "The people want to decide."

As of Monday, May 5th the dealership will be moving the sales, service & parts department to the London Airport Automall.



The body shop will remain at 1470 Dundas Street.
We look forward to seeing you at our new location.

Come and visit us! 1350 DRIVER LANE LONDON

MacMASTER CHEVROLET Cadillac BUICK GMC GMC
519-455-6200
www.macmasterchev.ca

‘They don’t feel it’s enough’

Former petty officer James Wilks was sentenced Monday in a Gatineau, Que., courtroom after being convicted of multiple sexual assaults last year. THE CANADIAN PRESS

30 months. Victims of military medic sex assaults not satisfied with sentence: Lawyer

SCOTT TAYLOR
scott.taylor@metronews.ca

A retired Canadian Forces medic was sentenced to 30 months behind bars Monday after being convicted of 10 sexual assaults and multiple breach of trust charges involving 16 women.

Former petty officer James Wilks conducted physical exams on women in London and Thunder Bay while working at military recruitment sites between 2003 and 2009.

He used those medical exams to see and touch the women’s breasts, all the while making them think it was part of the process.

After one such exam that lasted 20 minutes or more, a 17-year-old woman came forward. Soon after the first complaint became public, many others accused Wilks of the same crime. Sixteen complainants testified during the case.

London lawyer Phil Millar, who represents five of the victims in a pending civil suit, said the length of the sentence is disappointing.

“The Crown only asked for three years, the defence asked for two and the judge went down the middle,” he said. “On one hand, the judge’s wording was strong, but I thought he was light on the sentencing.”

Millar talked to a few of the victims Monday and said they find the sentencing bittersweet.

“It’s over and he’ll get jail time, but the conviction doesn’t compensate them or help them get better,” Millar said. “They don’t feel it’s enough.”

The civil suit has been launched against Wilks and the Department of National Defence.

In an unrelated case, a military judge sentenced Wilks to nine months in jail in December 2011 after he was convicted of one count of sexual assault and four counts of breach of trust.

Quoted

“The reason why it stuck with me is because his touch was so different, and it was unlike any breast examination I’ve ever received.”

Testimony from one of James Wilks’ victims, whose identities haven’t been made public

At a glance

Wilks submitted an application for release from imprisonment pending appeal.

- The military judge has ruled that Wilks will be released pending appeal.
- The details regarding when the appeal will take place have yet to be determined.

$5

Cost up for police checks

The cost of record checks at London police headquarters is going up.

Starting Thursday, all requests will cost an extra $5. That brings the cost of employment record checks to $45 and volunteer record checks to $15.

The department went ahead with the increase after doing a cost comparison with 12 major police services in Ontario. The increase, officials said, puts London’s prices in the middle of those.

Checks must be requested in person from 8:30 a.m. to 4 p.m. on Monday, Tuesday, Thursday or Friday. **METRO**

Councillors decide not to charge for returning shopping carts

If your property is stolen, should you be charged to have it returned?

That was the question that city councillors found themselves asking Monday night as they debated the idea of a $40 fee for returning abandoned shopping carts to stores.

Four members of council — Matt Brown, Denise Brown, Nancy Branscombe and Judy Bryant — told a meeting of the community and protective services committee that they were uncomfortable with the idea.

Denise Brown was first to express concern. “We’re saying somebody stole property from you and, if you want it back, we’re going to charge you $40.”

Branscombe agreed, pointing out that bylaw enforcement chief Orest Katolyk had just told the committee that shopping carts aren’t a big problem. The city deals with about 20 per year among the 600 sites it cleans up. There are about 20 complaints specifically about food trucks, Katolyk said, among the 6,000 received.

“I’m not the least bit interested in pursuing this,” Branscombe said. “I think we have better things to do.”

Coun. Bill Armstrong went further, suggesting that some people need to borrow a cart to get their food home because buses and cabs would cost too much. He spoke of people who earn money by returning carts.

Then committee chair Matt Brown said the issue wasn’t a good use of staff time. They could have been working on something that attracts more interest from the public, he said.

It was left to Coun. Stephen Orser, who’s not a member of the committee, to champion the $40 charge. He said the city needs to “change the culture” of taking shopping carts.

But nobody agreed. The committee voted 5-0 to take no action on shopping carts. Council gets a say next week.

MIKE DONACHIE/METRO

Better ways

- Stores could be using methods of protecting their carts, Coun. Denise Brown suggested.
- They include locking mechanisms, poles attached so they can’t be taken off-site, staff to guard them and even GPS or alarm gadgets.

Endowment to Western aims to benefit students

$1.6 million. Bequest to the university will ensure new generations receive the opportunity to pursue the life that Marion Murray enjoyed

SCOTT TAYLOR
scott.taylor@metronews.ca

Bob Murray SCOTT TAYLOR/METRO

It was truly a family affair for Marion Murray.

Medical science at Western University was a big part not only of her own life, but her father, husband and daughter's lives, too. For Marion Murray herself, it was a passionate, lifelong love.

She spent 23 years in the Schulich School of Medicine and Dentistry's department of microbiology and immunology, and remembered that connection up until her death in March 2013.

Now, her $1.6-million bequest to the school will ensure new generations have the chance to pursue the life she enjoyed with such enthusiasm.

The money will go toward an endowment fund, providing more than $60,000 in annual support to graduate students, Western officials announced Monday.

Quoted

"It's an incredible legacy."
Amit Chakma, Western University president

The fund is named in honour of her father, Dr. Frederick Winnett Luney, pathologist and Western professor, and her husband, Dr. Bob Murray, a chair in microbiology and immunology for 25 years.

"She had a soft spot in her heart for pathology and microbiology," said Bob Murray. "I'm delighted that her name is perpetuated in these gifts."

He acknowledged the high price tag on medical school and said those who receive the money will put it to good use.

"It costs a lot to be a student, unfortunately — not like the old days," he said.

The department of microbiology and immunology places emphasis on biomedical research, with a focus on human disease, infection and immunity.

Western president Amit Chakma said the "extraordinary legacy" Marion Murray left behind will help young scientists lay the foundation for a lifetime of medical discoveries.

Day of Mourning. London joins nationwide effort to remember tragic deaths

The families of people killed in the workplace remembered their loved ones Monday during the National Day of Mourning.

An event in London was among the nationwide activities, with London-Fanshawe MP Irene Mathyssen among those at the Tolpuddle Housing Co-operative on Adelaide Street, where there's a memorial to workers.

The aim of the event is to commemorate those who have died, and to raise awareness about the need for workplace safety.

Union members and reps, labour activists and others were at the London event, at which a flag was lowered in honour of the dead. METRO

In numbers

977

Number of workplace-related fatalities in Canada in 2012

SOURCE: ASSOCIATION OF WORKERS' COMPENSATION BOARDS OF CANADA

fido

Stay in touch on Facebook and other social networks for a great price

$44 per month[1]

› 500 MB of data[2]
› Unlimited Messaging[3] (international text, picture and video messages)
› Unlimited weekends and evenings from 5 p.m.,[4] Canada-wide+
› 500 Canada-wide+ daytime minutes[4]
› Call Display and Voicemail[5]

Includes the Fido ADVANTAGE

Fido Check-In • Book an appointment with a representative who's familiar with your account
LiveANSWERS™ • Skip the machine and speak to a live representative
FidoDOLLARS™ • Use your FidoDOLLARS to save on your next phone

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES
Downtown Chatham Centre, Chatham
Masonville Place, London
Westmount Mall, London
White Oaks Mall, London
Festival Marketplace, Stratford

FUTURE SHOP · MOBILE · Walmart · BEST BUY · WIRELESSWAVE · COSTCO WHOLESALE · WIRELESS etc... · booth wireless · THE MOBILE SHOP Exclusively where President's Choice® products are sold.

Offers are subject to change without notice. Taxes extra. +On the Fido network. Coverage not available in certain areas of Yukon, Nunavut and the Northwest Territories. Domestic roaming charges apply when outside the Fido network within Canada. Visit **fido.ca/roaming** for full details and applicable domestic roaming rates. **1.** Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. **2.** Additional data: $5/100 MB, charged in $5 increments. Visit **fido.ca/roaming** to learn more about data roaming pay-per-use rates. **3.** Plans include messages sent from Canada on the Fido network to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **4.** Airtime includes calls from Canada on the Fido network to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2014

Gore Road Bridge's urgent repairs underestimated by nearly $918K

Improvements. The 74-year-old structure is in need of critical updates

MIKE DONACHIE
mike.donachie@metronews.ca

City hall's top staff have an unexpected problem after the cost of a major bridge project was underestimated.

The 74-year-old Gore Road Bridge, which spans Pottersburg Creek in southeast London, needs urgent repair work, city engineer John Braam said, and it's due to happen this year.

But, there's a problem: There isn't enough money in the pot.

Staff and a consultant estimated the cost at about $3.5 million, and that's what was allowed for in the 2014 budget for capital projects.

But, when the estimates from construction companies came in, the cheapest was just shy of $4.5 million, making for a shortfall of $917,574. Staff were given just a week to fix the problem.

"It wasn't overpriced," Coun. Bud Polhill told the civic works committee Monday. "It was underestimated.

"(Staff and the consultant) underestimated the cost. The contractor didn't overprice the job."

Councillors, notably spending guardian Nancy Branscombe, asked how such a thing could happen. Braam explained that seasonal fluctuations in pricing, along with the demand on contractors' time, had an influence.

He also spoke about "scope creep." Elements were added to the project, including bike lanes and replacement of a water main, and that meant new costs.

John Braam METRO FILE

Staff brought the issue to Monday's committee meeting to seek direction from councillors. The direction was clear. They were told to find the money.

Braam and his colleagues said they could look for savings in other areas, although that would have an effect on other capital projects. They will bring a plan to council next week.

"We will find the money for the project within the envelope that you have approved," said transportation director Edward Soldo.

Ward 6

Former school board chair aims for city hall

A former chair of the London District Catholic School Board has announced he will run for city council.

Lawyer Philip Squire has been the Catholic school board trustee representing Ward 6 for four years, including two years as board chair.

The lifelong Londoner, who's married with two children, will run for county in Ward 6, where Coun. Nancy Branscombe is vacating her council seat.

Squire, 55, ran against Branscombe for the Progressive Conservatives' provincial nomination for London North Centre, and Branscombe won.

"As the chair of Habitat for Humanity Heartland Ontario I am well aware of the services that all of the citizens of London need," Squire said. "I have learned that when politicians, our business community, our social networks and citizens all work together they can achieve great things.

"I am running today because I believe this is a crucial time for our city. We need leadership and vision if we wish to be the city that we can be."

MIKE DONACHIE/METRO

Philip Squire CONTRIBUTED

Jann Arden's tour includes stop in London

Canadian singer-songwriter Jann Arden will make her way back to Budweiser Gardens' RBC Theatre on Sept. 20. Arden will kick off a cross-Canada tour on Sept. 4 in Victoria to support her new release, Everything Almost. Tickets go on sale at 10 a.m. Friday, ranging from $51.25 to $87.25. Check budweisergardens.com for details.

TORSTAR NEWS SERVICE FILE

More registrations. London ahead of the curve in organ donation

London is ahead of the provincial average when it comes to the percentage of residents registered to become organ donors, but much more needs to be done, according to data released Monday by the Trillium Gift of Life Network (TGLN).

One-third of Londoners have registered, compared to about 25 per cent provincially.

Since April 2013, 7,484 people living in London have signed up.

Meanwhile, more than 1,500 people are on the waiting list to receive organs. Most of them are waiting for kidneys.

Now, steps are being taken in the Greater Toronto Area to improve the registration rate at hospitals there because they're traditionally below the provincial average.

A physician will be designated at each hospital to work with TGLN to ensure integration of donation best practices with end-of-life care.

A new referral process will also be implemented at each hospital in conjunction with CritiCall Ontario and Neurosurgery Ontario to ensure potential organ donors are identified and referred in a timely manner.

"TGLN is committed to working closely with our hospital partners to improve donation rates by helping them implement best practices and ensure timely referral of potential donation cases," said network CEO Ronnie Gavsie.

New data at beadonor.ca shows that as of March 31, 2013, 25 per cent, or 2.9 million Ontarians, have registered to donate organs and tissue.

From April 1, 2013 to March 31, 2014, registered donors grew by 232,628.

SCOTT TAYLOR/METRO

Proposals. City looks to get new heritage district

The end is near for the long process of creating a heritage district to cover the Blackfriars and Petersville areas west of downtown.

City council's planning and environment committee will hear proposals on Tuesday designed to protect the area.

If approved, the heritage district would be an area bounded by Oxford Street on the north, Wharncliffe Road on the west — except some newer commercial properties — and the Thames River, which passes it to the east and swings around south. The area would include the Blackfriars and Kensington bridges.

If it's approved by council, the district would become London's seventh. Heritage districts have stricter planning rules and are designed to protect the historic character of an area.

MIKE DONACHIE/METRO

City considers raising building permit fees

Shortfall last year.
Warning from staff comes despite cost-cutting measures

MIKE DONACHIE
mike.donachie@metronews.ca

City hall is in the red on building permit costs, and staff is warning another increase in fees could come in a year.

The city's annual report on the fees, which will go to Tuesday's meeting of the planning and environment committee, contains a number of concerns.

"It should be noted that significant cost savings were realized in 2013 primarily through vacancy management and organizational change," says the report from chief building official George Kotsifas.

But, despite that, costs outstripped revenue.

The total revenue in 2013 — from building permit fees that year, plus some income carried over from 2012 — was about $4.6 million. But the total cost to the city, including issuing permits, administration, supplies, office space and more, was about $4.9 million.

Deficit

$346.5K

The difference between the city's revenue and costs for issuing building permits in 2013

The report explains that financial reserves can soak up the loss, but that can't go on forever.

"Staff will continue to monitor revenues in 2014 and, should another shortfall occur, then a possible fee increase in 2015 will be considered," the report adds.

Building permit fees were last increased in 2012. The average increase across the fee structure was 20 per cent. It was the first such hike since 2005.

Jamie Teichroeb was part of a crew building this house on Ridout Street near Commissioners Road on Monday. MIKE DONACHIE/METRO

A realtor will guide you to the right house.
We'll guide you to the right mortgage.

A mortgage pre-approval, a step-by-step online guide and a great rate.
Everything you need – and want – when buying your first home.

Visit **bmo.com/homebuyersguide** to learn more
and to find a BMO Mortgage Specialist near you.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

®Registered trade-marks of Bank of Montreal.

Special-needs students often told to stay home, says study

Half of elementary principals have told students with special needs to stay home from school for all or some of the day, in part because there's not enough help for them, a province-wide survey reports.

"We were really surprised by the finding," said Annie Kidder, executive director of People for Education, which surveyed 1,349 Ontario schools and for the first time asked about forcing children to stay home after hearing numerous complaints from parents.

The research and advocacy group recommends the Ontario government put enough resources in schools so that this "widespread practice" doesn't continue.

"Principals gave a lot of different and understandable reasons — to do with safety or that the child couldn't cope being at school," said Kidder. "But the biggest reason for them not being there is lack of support."

Over the past decade, the province has increased special education funding by 67 per cent, to $2.72 billion, serving roughly one in five students.

TORSTAR NEWS SERVICE

Auditor general chides OLG for gambling on casino acceptance

Ontario's Lottery and Gaming Corp. failed to adequately consult municipalities before promising to increase revenue by building new casinos, auditor general Bonnie Lysyk reported Monday.

"OLG included projected profits from those casinos without first confirming that new casinos would be accepted," said Lysyk. "In fact, large Ontario cities such as Toronto and Ottawa rejected OLG's proposals for constructing new casinos."

Lysyk issued a report on OLG's modernization plan that also criticized the agency and the Liberal government for the "abrupt cancellation" of a program that gave $347 million a year from slot revenues to horse racetracks.

OLG originally projected it could bring in an additional $4.6 billion in gaming profits between 2013 and 2018 through new casinos and other modernization efforts, a figure it has since slashed to $2.2 billion. However, that's still too optimistic for the financial watchdog, who puts the figure at $1.8 billion.

THE CANADIAN PRESS

Stowaway teen's mother seeks reunion with kids

Shedder Refugee Camp. It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years.

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

"I knew he was an intelligent boy who has strong affections for me. I also knew he always wanted to see me, but I know his father won't let them contact me at all," Abdule said.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.

In this photo taken Sunday, Ubah Mohammed Abdule, 33, feeds her son Abdullahi Yusuf Ahmed, 8, as her daughter Neshad Yusuf Ahmed, 5, looks on, outside her hut in the Shedder refugee camp near the town of Jigjiga, in far eastern Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and the UN refugee agency to help her do so. She has passed her first interview with the agency to make the list of those who might qualify to immigrate to America, said a legal protection officer at the refugee camp.

THE ASSOCIATED PRESS

Muslim Brotherhood leader sentenced to death

A woman mourns after a judge in Egypt sentenced to death 683 alleged supporters of the country's ousted Islamist president in the latest mass trial in the southern city of Minya, Egypt, Monday. THE ASSOCIATED PRESS

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crackdown against Islamist supporters of ousted leader Mohammed Morsi, under the banner of "war against terrorism" while tightening its grip on the Arab world's most populous nation.

Suggesting there might be room for reversal, the same judge also reduced the sentences against 529 defendants indicted in a similar case in March, upholding the death penalty for only 37 and commuting the rest to life imprisonment.

Still, the three dozen death sentences that were upheld was an extraordinarily high number for Egypt, compared to the dramatic trial in the wake of the 1981 assassination of President Anwar Sadat, when only five people were sentenced to death and executed.

Judge Said Youssef said he was referring Monday's death sentences — which were for convictions of violence and killing policemen — to the Grand Mufti, the nation's top Islamic official — a requirement under Egyptian law that is usually considered a formality but also gives room for the judge to change his mind.

Of the 683, all but 68 were tried in absentia.

THE ASSOCIATED PRESS

Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters.

Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

The police director told the radio station Monday he would not discuss the criminal allegations, but he called the behaviour of the officers from the noted anti-gang unit "absolutely unacceptable and intolerable."

"From an administrative point of view, things are clear in our minds," said Petit, who also noted they should have never have let someone from the outside into the headquarters. "These boys no longer have a place within our unit."

French Interior Minister Bernard Cazeneuve announced over the weekend the officers had been removed from their posts during the investigation.

He also said a disciplinary inquiry within the force is already underway.

THE CANADIAN PRESS

Railway crossing safety

Transport Canada spending $9.2M

The federal government says it will spend $9.2 million this year to improve safety at railway crossings.

The money is being made available as part of a cost-sharing agreement with railways and governments that have authority over local roads. Transport Canada says the improvements could include installing flashing lights and bells, gate barriers and other devices. The Transportation Safety Board has said there have been 658 accidents over the last 10 years at so-called passive railway crossings, including 59 deaths and 107 serious injuries. THE CANADIAN PRESS

Attack on baby girl

Pit bull to be euthanized

A pit bull that bit a 14-month-old Ottawa girl in the face is being euthanized.

Police say the little girl suffered serious injuries to her face when she was bitten in her home Sunday while trying to pat the dog, which her family had taken in.

She was taken to the Children's Hospital of Eastern Ontario to be treated for injuries that were described as serious but non-life-threatening.

Her family has declined to update the media on her condition.

THE CANADIAN PRESS

Snake trouble

Austrian stumbles onto large python

Austrian police are looking for the owner of a large python — and the driver who found it may think twice before picking the next spot to stretch his legs.

Police said Monday they were called to the scene about 100 kilometres west of Vienna after the unidentified driver stumbled onto the 2.5-metre reptile packed in a jute sack in a forest near a highway.

The snake was found late last week. A pet shop has volunteered to temporarily care for it while police look for its owner.

THE ASSOCIATED PRESS

Tangerine
Forward Banking

See that symbol? Scan the image below with your Metro News app to see how South Koreans are coming to the aid of families of ferry victims.

Air search abandoned.
Hunt for missing flight to continue under water

The aerial search for the missing Malaysia Airlines jet was called off Monday, and the underwater hunt will be expanded to include a vast swath of ocean floor that may take at least eight months to thoroughly search, Australian officials said.

Not a single piece of confirmed debris from Malaysia Airlines Flight 370 has been recovered by a massive multinational hunt that began after it disappeared March 8 with 239 people on board.

"It is highly unlikely at this stage that we will find any aircraft debris on the ocean surface. By this stage, 52 days into the search, most material would have become waterlogged and sunk," Prime Minister Tony Abbott said.

"Therefore, we are moving from the current phase to a phase which is focused on searching the ocean floor over a much larger area," he said.

The U.S. Navy's Bluefin 21 robotic submarine has spent weeks scouring the initial search area for the plane in the remote Indian Ocean far off Australia's west coast, but has found no trace of the missing aircraft. Officials are now looking to bring in new equipment that can search a larger patch of seabed for the plane, Abbott said.

The aerial search officially ended Monday, the search coordination centre confirmed.

The Bluefin 21 continues the search for MA Flight 370.
PETER D. BLAIR/THE ASSOCIATED PRESS

Radar and satellite data show the jet veered far off course for unknown reasons during a flight from Kuala Lumpur, Malaysia, to Beijing.

Analyses indicate it would have run out of fuel in the remote section of ocean where the search has been focused.

The unmanned sub has been creating a three-dimensional sonar map of the ocean floor for more than two weeks near where signals consistent with airplane black boxes were heard on April 8. The sub has searched a nearly 400-square-kilometre area.

Australian officials will be contacting private companies to bring in additional sonar mapping equipment that can be towed behind boats to search the expanded area at an estimated cost of $60 million.

THE ASSOCIATED PRESS

Wrongful convictions.
How many more innocent people sit in U.S. jails awaiting death penalty?

Science and law have led to the exoneration of hundreds of criminal defendants in the U.S. in recent decades, but big questions remain: How many other innocent defendants are locked up? How many are wrongly executed?

About one in 25 people imprisoned under a death sentence is likely innocent, according to a new statistical study appearing in the Proceedings of the National Academy of Sciences. And that means it is all but certain that at least several of the 1,320 defendants executed since 1977 were innocent, the study says.

From 1973 to 2004, 1.6 per cent of those sentenced to death in the U.S. — 138 prisoners — were exonerated and released because of innocence.

But the great majority of innocent people who are sentenced to death are never identified and freed, says professor Samuel Gross of the University of Michigan Law School, the study's lead author.

Statistical study

"At least 4.1 per cent would be exonerated."

Language taken from new study
on estimated amount of innocent people awaiting death penalty in U.S. prisons.

The research produced an estimate of the percentage of defendants who would be exonerated if they all remained indefinitely on death row, where their cases would be subject to intense scrutiny for innocence.

THE ASSOCIATED PRESS

Lim Jang-young, 58, volunteer and restauranteur, helps families of victims of the sunken ferry Sewol in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Volunteers help to ease suffering

Ferry sinking. Death toll expected to rise to more than 300 dead

The mother, slightly drunk, sits on the edge of a windblown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son. He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul Il, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry.

"It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul Il is one member of an impromptu city that has sprung up at this normally sleepy port for the families of those lost in the disaster.

A sense of national mourning over a tragedy that will likely result in more than 300 deaths, most of them high school students, has prompted an outpouring of volunteers. More than 16,000 people — about half the island's normal population — have come to help.

They handle much of the care that relatives of the missing receive in Jindo as they wait for divers to retrieve the bodies of their loved ones from the wreckage of the ferry Sewol.

Lim Jang-young, a 58-year-old owner of a Japanese restaurant, came to Jindo from the southern city of Daejeon to cook traditional beef soup for family members, other volunteers and journalists.

A man who was eating his soup "showed me a picture of a girl, his daughter, and started crying. I couldn't resist crying with him," said Lim, a father of three. It does not matter to the volunteers that the families do not brim with gratefulness for their work. They want to do more to ease their pain. THE ASSOCIATED PRESS

Recovery efforts renewed for ferry victims

Divers on Monday renewed their search for more than 100 bodies still trapped in a sunken ferry after weekend efforts were hindered by bad weather, strong currents and floating debris clogging the ship's rooms. Investigators, meanwhile, expanded a probe into how coast guard and other rescuers responded after learning the ferry was sinking.

Divers found only one body Sunday after a week that saw an increasing number of corpses pulled from the ship as divers made their way through its labyrinth of cabins, lounges and halls.

The number of dead from the April 16 sinking is 188, with 114 people believed missing, though a government emergency task force has said the ship's passengers list could be inaccurate. Only 174 people survived, including 22 of the 29 crew members.

On Sunday, South Korea's prime minister resigned over the government's handling of the sinking. THE ASSOCIATED PRESS

Choose your bank hours: A) 24/7 B) 18/6

NBA. Advertisers drop L.A. Clippers from roster amid racism controversy

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Used-car dealership chain CarMax, airline Virgin America and the Chumash Casino Resort said Monday that they are ending their sponsorships of the Clippers in the wake of comments allegedly made by the team's owner, Donald Sterling.

Two other sponsors, Kia Motors America and Red Bull, said they are suspending their advertising and sponsorship activities with the team. Another sponsor, insurer State Farm, said it "will be taking a pause in our relationship with the organization."

A car drives past the CarMax sign at a dealership in Oak Lawn, Ill.
THE ASSOCIATED PRESS FILE

THE ASSOCIATED Ppress

Market Minute

DOLLAR 90.70¢ (+0.09¢)

TSX 14,530.91 (-2.66)

OIL $100.84 US (+$0.24)

GOLD $1,299 US (-$1.80)

Natural gas: $4.80 US (+$0.16)
Dow Jones: 16,448.74 (+87.28)

Dream of self-driving cars stuck in neutral ... for now

The Google driverless car navigates along a street in Mountain View, Calif.
GOOGLE/THE ASSOCIATED PRESS

Not so fast. Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available self-driving car technology.

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public.

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their lanes.

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles.

His projection is that self-driving cars will not be commercially available until 2025.

Google's self-driving cars can already navigate freeways comfortably, albeit with a driver ready to take control.

THE ASSOCIATED PRESS

Dream to reality?

"We're growing more optimistic that we're heading toward an achievable goal — a vehicle that operates fully without human intervention."

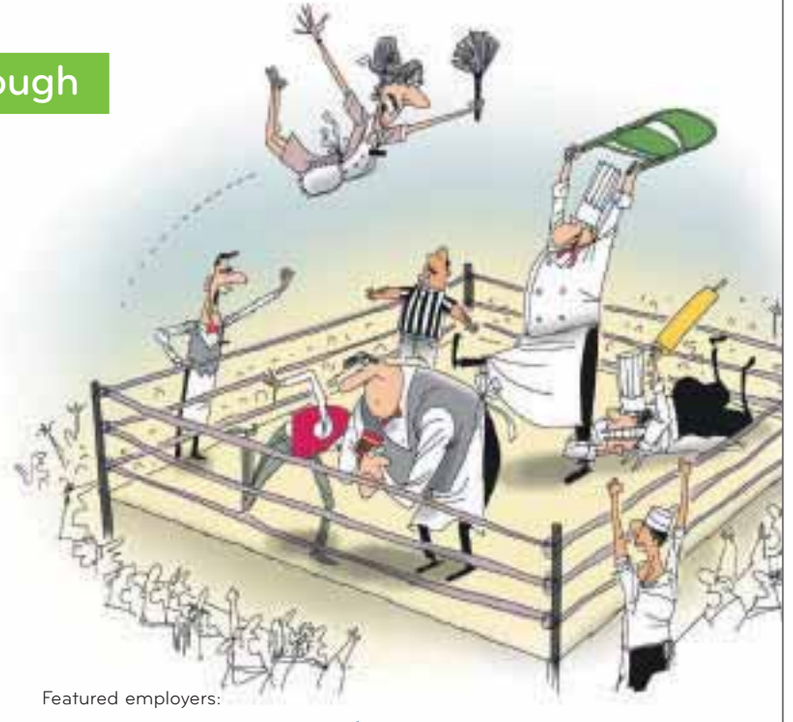
Project director Chris Urmson, in a blog post

Get the edge you need to battle through the hospitality job market.

We have over 2,000 jobs waiting for you.

When it comes to finding your next job, we're in your corner. Visit our Hospitality Hub for instant access to thousands of available positions, and see for yourself just how easy it is to discover that next great opportunity. It's what makes Workopolis Canada's number one job site.

workopolis.com/hospitality #workopolis



WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending March 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Featured employers:

aramark DELTA HOTELS AND RESORTS RED LOBSTER CASINO RAMA

It's that simple.

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank.

HAVE THE 'BURBS LOST THEIR APPEAL?

SHE SAYS

Jessica Napier
metronews.ca

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to one another.

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle down.

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a "good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids.

So why are these picture-perfect peripheral towns now failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and a vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side — except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

ZOOM

Mauled eagle

Photographer Stan Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance as eagles are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could definitely hear a pretty loud thud or thump as the eagles made contact." COURTESY STAN RIFE/SOLENT NEWS

Bald eagle claws off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne fight.

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest. Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. METRO

Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

Bald-eagle facts

- **Wingspan.** Up to 230 cm.
- **Plucky flock.** Bald eagles have some 7,000 feathers.
- **Speed.** Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. 'Founding father' Benjamin Franklin was against the move due to bird's roguish behaviour.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 7 in News, page 10 in Scene, page 13 in Life and page 14 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Lag: It's way funnier in real life

ANDREW FIFIELD
metronews.ca

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergi on YouTube)

SCREENGRAB

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Retail Sales Manager** Joshua Green • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2223 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

Tangerine
Forward Banking

See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Listen to M.I.A.'s song Lights.

M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

PAT HEALY
Metro World News

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

Does incorporating high theatrics into your shows mean you have to compromise spontaneity?
I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like Glee or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.
I didn't really come at it like that because the journey to do with me is using exactly the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work. ... It's not really "I am a god." It's kind of saying, "This thing is weird," and I found her only because the goddess is called the same name, but the things she represents were important things 5,000 years ago, but they're also still important today.

How did you come to know of Matangi? Was it something you grew up with in your culture?
It wasn't really something that I felt that connected to. … I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for Double Bubble Trouble, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

So I'm not supposed to ask you too much about the NFL ordeal where they're suing over the middle finger on national television. Is that because you're tired of talking about it or because of the legal implications?
It's a legal thing and nothing's really been sorted out so I don't really know what to say.

M.I.A. says she resists pressure to turn her shows into "a theatrical production like Glee or something." GETTY IMAGES

M.I.A. performs with a hologram of Janelle Monáe. GETTY IMAGES

Why Matangi?

M.I.A. says the goddess Matangi is "exactly the things that we are all about today, like the fact that she carries a parrot who tweets and it represents human speech and consciousness and how repetitive it can become and the value of life. You know, we tweet certain concepts, and don't retweet certain concepts. All of these things are connected to that goddess, so she seemed quite appropriate, and fun at the same time."

DVD review

Labor Day

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

A lonely single mom (Kate Winslet) getting her groove back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock.

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

At no point does the film convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.

The Selfish Giant

Director. Clio Barnard

Stars. Conner Chapman, Shaun Thomas, Sean Gilder

Not the Oscar Wilde children's story, more an inspired take on it in the kitchen-sink style of a Ken Loach drama.

The tragedy of Britain's underclass fatefully unspools in this sophomore feature by writer/director Clio Barnard (The Arbor), who guides casting finds Conner Chapman and Shaun Thomas to memorable performances as juvenile wire thieves who risk all for gain and greed.

Barnard is as skilled at conventional storytelling as she was with the formal experiments of her debut.

PETER HOWELL

Katy Perry ALL PHOTOS GETTY IMAGES

I kissed a DJ and I liked it: Has Katy danced her way from John to Diplo?

Well, that was quick. Katy Perry finally confirmed her split from John Mayer last week, and now it seems she's already moved on — with DJ and producer Diplo. The two were spotted having dinner together before heading to the New York premiere of The Amazing Spider-Man 2, according to TooFab, and while they reportedly did their best to avoid being photographed together, sources say they were seen leaving together, taking off in the same SUV. Perry and Diplo were previously seen enjoying each other's company at the Coachella music festival earlier this month. "It was very obvious that Katy and Diplo were together," a source told Page Six of that sighting. "They seemed inseparable, and at one point they were seen getting onto her bus together."

Tom Hardy

It's Hardy to be sure if this guy got hitched

Tom Hardy is apparently trying to get adjusted to married life before actually tying the knot, as he's been perplexing reporters recently by already referring to fiancée Charlotte Riley as his wife despite the fact that they haven't actually tied the knot yet, according to Us Weekly. "Well, my wife is an actor as well, so she sort of gets it," Hardy told the magazine at a recent event to promote his new film, Locke, in New York. "Apart from that, I'm a pain in the ass, really." Hardy also referred to Riley as "pure" and "very kind." The couple met while filming Wuthering Heights in 2009 and were engaged a year later. No wedding date has officially been set yet — assuming the event hasn't already happened.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look at that hair, look how it shines on Styles...

MELINDA TAUB
Metro World News

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heartthrob Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told the BBC.

Chris doesn't just admire their musical prowess and comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

In-character actor delivered warm slice of compassion

New York has apparently grown so callous and hard-hearted that it falls to tourists to feed the city's movie stars. Richard Gere was filming a movie near Grand Central last week in which he plays a homeless man. Apparently, he played the part a little too well: A French tourist spotted him rooting through a trash can and, moved by the plight of the apparently homeless and starving man, gave him her family's leftover pizza.

Tourist Karine Gambeau, who is visiting NYC with her family, says Gere never broke character. "What's in the bag?" she says he asked her.

"I tried to tell him in English, but it came out half in French," she says. "I said, 'Je suis désolée, but the pizza is cold.'"

"He said, 'Thank you so much. God bless you,'" she told Page Six.

On second thought, maybe the real story here is, "Richard Gere cons innocent family out of pizza under false pretences." They are from France, after all, and Gere cruelly snatched one of their few chances to eat real New York pizza from them through fraud.

Richard Gere

Details of Geldof's death may come to light as inquest begins

A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

The model and TV personality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Peaches Geldof

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS

Twitter

@louisck
My kids used to love math. Now it makes them cry. Thanks standardized testing and common core!

@SethMacFarlane
Who takes the best selfies in LA? I need someone good to do mine.

@RebelWilson
Just so we're all clear: I didn't get out of pajamas all day today...BUT I did walk to the fridge eight times

Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

ROMINA MCGUINNESS, METRO WORLD NEWS

Nutrition data from My Fitness Pal

Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calories."

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g

Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would."

EAT ABOUT: 200 g

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs 8 g

Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract."

EAT ABOUT: 2 tbsp

Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g

Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."

EAT ABOUT: A handful

Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g

Tomatoes (raw, 100 g)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage."

EAT ABOUT: The more the better

Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein: 1 g / Dietary fibre: 1 g / Total carbs: 3 g

Broccoli (raw, 100 g)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited quantities."

EAT ABOUT: The more the better

Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g

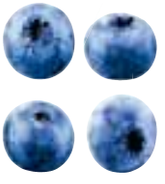
Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."

EAT ABOUT: 20 g

Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g

Blueberries (frozen, 100 g)



WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)."

EAT ABOUT: 120 g

Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g

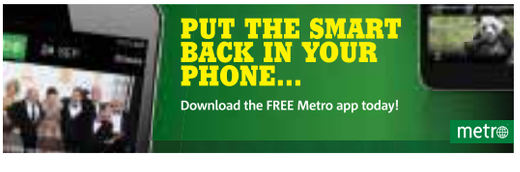
Do everyday life pressures have you feeling stressed?

Join a clinical research trial to evaluate the effect of an investigational natural health product on perceived stress and cognition in moderately stressed adults.

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

Call us to see if you qualify!
Compensation up to $150.00

KGK synergize



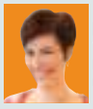
Fodemesi
Shoes Since 1949
HEALTH STEP
www.fodemesi.com
Now Open in our new location with FREE parking!
Fodemesi HEALTH STEP
Our services include ...
Custom Orthotics and Professional Shoe Fitting
We offer everything from 3D imaging to old-world craftmanship
Our products include ...
Quality brand name comfort and walking shoes
We make your feet feel GOOD!
519-432-9639
527 Wellington Rd. S., London, ON N6C 4R3 (across from Parkwood Hospital)

See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about goats milk cheese

Just add cheese for pancakes 2.0

Health Solutions

Say, '(Sheep's) cheeeeese'



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sheep's and goat's milk cheese are a staple all over the world. Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

• People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.

• Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight gain at a minimum.

• Sheep's milk has almost twice the calcium *and* protein of cow or goat milk.

• Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like cheddar.

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream.

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well worth seeking out. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

Pancakes are not just sweet food anymore. Think of French crepes It's real comfort food.

1. Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk. Mix eggs, ricotta and milk.

2. Mix the two together while you heat a skillet.

Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds
- 1/2 cup wheat germ (omit if gluten free)
- 1 tsp garlic powder
- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

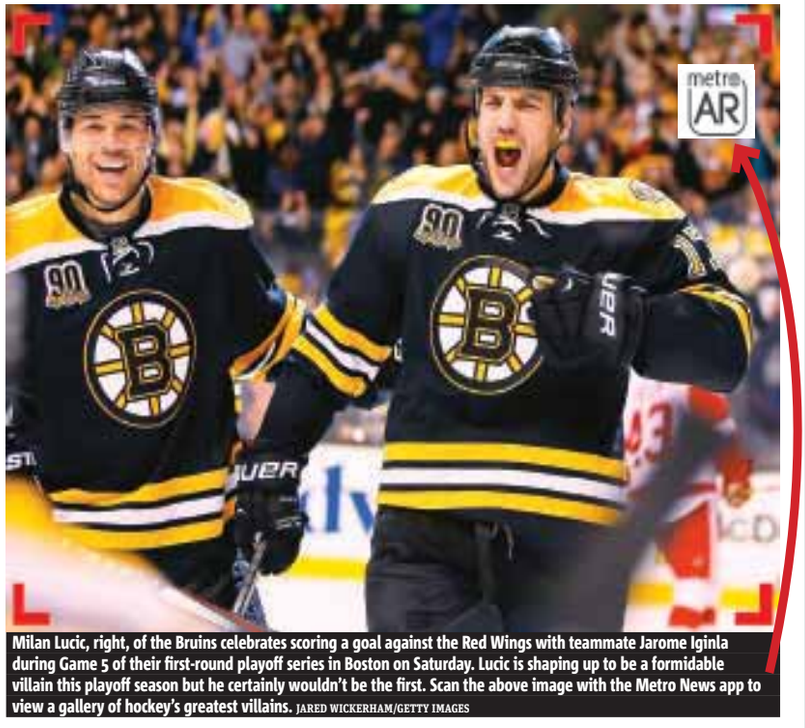
This makes four to six servings. THERESA ALBERT

3. Fry like pancakes on one side until bubbles form, flip once. Top with extra cheese and mango chutney. **THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM**

only available from May 2 - 4
for the first 200 customers
Treat Mom to something sweet this Mother's Day! When you purchase a White Oaks Mall Gift Card valued at $60 or more you will receive a 454g box of
Purdys
CHOCOLATIER
for FREE!*
WHITE OAKS mall
WhiteOaksMall.ca
FOLLOW US
FACEBOOK.COM/WHITEOAKSMALL
@WHITEOAKSMALL
*Receive one free 454g Milk & Dark Assorted Box of Purdys Chocolatiers with a purchase of a White Oaks Mall Gift Card valued at $60 or more. While supplies last. Limit one gift per person. Not valid on corporate orders.

Lucic loves the heat from playoff hate

Enemy No. 1. Bruins forward relishing role as villain after spearing Red Wings' DeKeyser in first round



Milan Lucic, right, of the Bruins celebrates scoring a goal against the Red Wings with teammate Jarome Iginla during Game 5 of their first-round playoff series in Boston on Saturday. Lucic is shaping up to be a formidable villain this playoff season but he certainly wouldn't be the first. Scan the above image with the Metro News app to view a gallery of hockey's greatest villains. JARED WICKERHAM/GETTY IMAGES

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just smiled.

"I'd be lying if I said no," he said. "I mean, any athlete would be lying if they said it doesn't. It was good to get that one."

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to flare.

Last month Lucic called Habs defenceman Alexei Emelin a "chicken" for delivering a low hip check on him. This is the fourth series in the past seven years between Boston and Montreal, and given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," the 25-year-old said last week in Detroit. "You can't let it get the best of you. You want to try to get out there and create that satisfaction for yourself and come up with a big play."

Lucic came up with a handful of big plays as the Bruins dispatched the Red Wings in five games. He had three goals and an assist combined with just one minor penalty.

No penalty was called on Lucic for deliberately spearing DeKeyser in the groin area from behind in Game 1, and he was not suspended. Instead, the NHL fined him $5,000.

THE ASSOCIATED PRESS

Takes one to know one

"He just runs around out there, he's a force in himself. He's a great guy to have on our team."

Brad Marchand on his Bruins teammate Milan Lucic

Calgary

Fire lit under Flames' new GM

After seven years of learning the ropes in Phoenix, Brad Treliving says he's ready to return home and take the reins of an NHL team in a hockey-mad market.

The Flames announced Monday that Treliving, a former assistant general manager with the Coyotes, will take over the vacant GM spot in Calgary.

"I'm ready for this," Treliving said.

"I know the challenges here we have ahead of us as a team ... I know the expectations of this market. I know the expectations of this fan base. And I want you to know I'm prepared for this and I'm ready for this challenge."

THE CANADIAN PRESS

Carolina

Rutherford out, Francis in as Hurricanes GM

Jim Rutherford is stepping down as general manager of the Carolina Hurricanes and the team has promoted Hall of Fame player Ron Francis to replace him.

In a series of moves announced Monday, the Hurricanes also hired Mike Vellucci as assistant GM and director of hockey operations and promoted Brian Tatum to assistant general manager.

The 65-year-old Rutherford spent two decades as the club's GM, and helped shepherd its move from Hartford to North Carolina. THE ASSOCIATED PRESS

Toews leads troops out of a tough spot

The Blues' David Backes, left and Jonathan Toews of the Blackhawks track the puck after a faceoff April 19 in St. Louis. DILIP VISHWANAT/GETTY IMAGES

For four straight games, the Blackhawks reminded the rest of the NHL why they are one tough out in the playoffs.

Jonathan Toews and the rest of Chicago's biggest stars just love this time of year.

Toews had three game-winning goals to help the defending Stanley Cup champions eliminate the Blues in the first round of the playoffs. The Blackhawks rallied after dropping the first two games of the series in St. Louis.

"I don't think you win a playoff series, let alone the Stanley Cup, without battling your way out of tough spots," Toews said after Sunday's clinching victory. "That team that works the way they do, they're nonstop. They don't give up. It's something you have to expect from them and something you have to deal with.

"It shows a lot of character in our room. It's a big reason why we've been successful."

Now Chicago gets to rest for a couple of days before it begins preparing for the second round on Wednesday. Next up is Minnesota or Colorado. The Avalanche had a 3-2 series lead heading into Game 6 on Monday night in Minnesota.

THE ASSOCIATED PRESS

Quoted

"Every time someone seemed to be scoring a goal, (he) had a 19, or an 88, or an 81, or a 10 on his back."

Blues head coach Ken Hitchcock rattling off the numbers for Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp

Leading while learning on the job

NBA playoffs. After shaky Game 1, Raptors swingman is displaying 'superstar' potential

Swingman DeMar DeRozan is averaging 24.5 points per game through the first four games of the Raptors' series with the Brooklyn Nets. Game 5 goes Wednesday night in Toronto. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Remember skittish DeMar DeRozan, the youngster who was overwhelmed by his first appearance in the NBA playoffs, the guy who was going warp speed when he should have been playing at a pedestrian level?

Seems so long ago now that he's becoming a "superstar" in the eyes of Toronto Raptors teammate Kyle Lowry, leading a young team while learning about the playoff atmosphere and intensity as he goes along.

"I thought he went through Game 1 and experienced that and got that out of the way. From that, he grew and gained confidence," Toronto coach Dwane Casey said on a conference call Monday.

"It's great to see DeMar grow, there's still room for more growth on his part and he knows it, on the defensive end and places in the offensive areas, but where he came from he's grown by leaps and bounds."

Because of him, so have the Raptors.

After a sluggish start to the series, DeRozan has started to dominate it. He had back-to-back games of 30 points or more in Games 2 and 3 and led the Raptors in scoring with 24 points in a huge Game 4 that tied the best-of-seven series with the Brooklyn Nets 2-2 going into Wednesday's Game 5 at the Air Canada Centre.

"What's a beautiful thing is there's a lot more there with him and the same with Kyle (Lowry)," said Casey.

Lowry, who had 22 points in the Game 4 win despite being limited by a sore right knee, is another key Raptor who has grown more comfortable with the level of play.

"Kyle has proven to the league that he's one of the elite point guards in the league with his leadership," said Casey. "Not only his ability but his approach to the game, being a positive teammate. All those things are part of growing with those guys but in no way are we satisfied or are they satisfied.

"They're going to continue to grow even through this series because it's going to take some growth in some areas for us to be successful."

But if the Raptors think they have assumed control of the series after Sunday's road win, they are sadly mistaken.

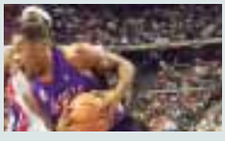
"No, none whatsoever," Casey said, discussing momentum. "It's not my first rodeo in a playoff situation. You're not as comfortable after a win as you are down after a loss. You have to treat each game separately, you approach each game separately. We have to go into the next game as if we lost the last game, that's the mentality we've got to go in with. You can't go in too high.

"If we had lost (Sunday) night, we couldn't go in too low. That's the mentality we're going into the game with. In a playoff situation, the word momentum is used too much." TORSTAR NEWS SERVICE

Top 5 Raptors playoff games

Vince Carter vs. 76ers, Game 3, 2001.
Philadelphia's Allen Iverson had 54 points as the Sixers won Game 2 but Carter followed up with a performance for the ages with 50 points in a 102-78 victory in Game 3.

Kyle Lowry vs. Nets, Game 4, 2014.
A loss trailing 2-1 in the series likely would have been fatal and Lowry, who was far from 100 per cent with a gimpy right knee, put up 22 points in the Raptors' 87-79 win.



Antonio Davis vs. Pistons, Game 3, 2002.
Davis, who led a last-season push just to get into the playoffs, had 30 points and eight rebounds in a 94-84 win with the Raptors trailing 2-0 in the best-of-five first-round series.

DeMar DeRozan vs. Nets, Game 2, 2014.
He was held in check in Game 1 but exploded for 17 points in the fourth quarter — he had 30 on the night — as the Raps won to even the series.

Jose Calderon vs. Nets, Game 5, 2007.
Calderon scored a playoff career-high 25 points with starter T.J. Ford injured to help extend the series to Game 6.
TORSTAR NEWS SERVICE

NBA playoffs

Rivers passes on chance to talk with Sterling

Los Angeles Clippers coach Doc Rivers said he declined a chance to speak with owner Donald Sterling, who is alleged to have made racist comments in a recorded conversation.

"I was asked (if) I need to talk with Donald, and I passed, quite honestly," Rivers said Monday. "I don't think right now is the time or the place, for me, at least. I just took a pass."

Sterling is purported to have told a woman not to bring black people to his games or associate with them.

"Yeah, I believe he said those things. But I still want to make sure," Rivers said during a conference call. "As far as believing those things? I heard what he said. Until someone tells me differently, you usually listen to what people say. I haven't given him his due process. I haven't given him an opportunity to explain himself and quite honestly right now I don't want him to. I want to wait for that further judgment."

The coach cancelled practice Monday, a day after a 118-97 loss to the Golden State Warriors that evened their playoff series at 2-2.
THE ASSOCIATED PRESS

Soccer

Alves supported for biting response

Barcelona defender Dani Alves has received an outpouring of support for his response to a racist taunt during a game, while Villarreal issued a lifetime ban to the season-ticket holder who threw a banana at him.

Alves, who is black, was about to take a corner in Sunday's 3-2 win at Villarreal's El Madrigal Stadium when a banana landed on the pitch in front of him. The Brazil international picked it up, peeled it and ate some of it before throwing the rest aside.

"Villarreal deeply regrets and condemns the incident that happened," Villarreal said in a statement on Monday. "The club has already identified the (culprit) and has decided to withdraw his season tickets, permanently."
THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

Taurus
April 21 - May 21
You feel like you can take on the world and win – and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

Gemini
May 22 - June 21
You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

Cancer
June 22 - July 23
Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

Leo
July 24 - Aug. 23
Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

Virgo
Aug. 24 - Sept. 23
Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

Libra
Sept. 24 - Oct. 23
There is no point arguing with people who simply refuse to see sense. It may be tempting to show them up with your superior knowledge but why bother?

Scorpio
Oct. 24 - Nov. 22
You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as you.

Sagittarius
Nov. 23 - Dec. 21
You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself harm.

Capricorn
Dec. 22 - Jan. 20
You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

Aquarius
Jan. 21 - Feb. 19
Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

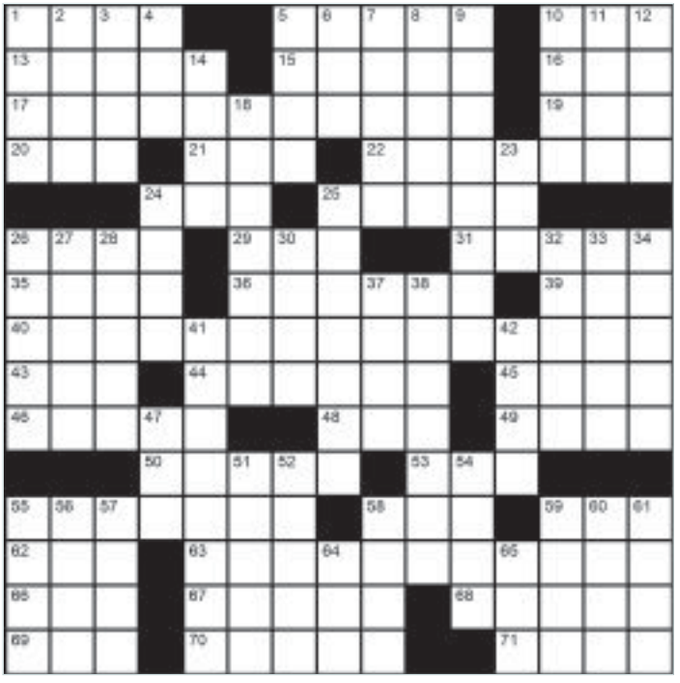
Pisces
Feb. 20 - March 20
The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

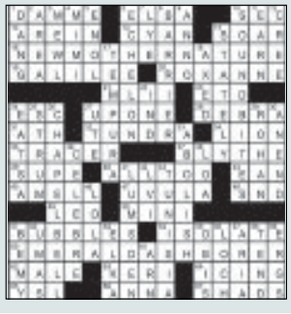
BY KELLY ANN BUCHANAN



Across
1. Toronto electronic music duo, __ Dead
5. 'Great'-meaning prefix to 'fy' or 'ficent'
10. Financial exec's degree
13. Mr. Flynn
15. Ozone-damaging refrigerant
16. 'Eight' ender
17. Mariner's mercantile mission mapways: 2 wds.
19. __ fashioned
20. Nova Scotia hrs.
21. Bard's 'throughout'
22. Winnipeg, 'The __ to the West'
24. Demise
25. The __ (Irish siblings band)
26. New newts
29. Tetley drink
31. Basket-making fibre
35. Swill
36. Gloria __ (High-profile American lawyer)
39. Tuber serving
40. "Hot Tonight" band from Newmarket, ON: 3 wds.
43. Excavated material
44. Barker's boarding building
45. Prefix with 'dynamic'
46. Comic strip square
48. "And if your heart's strong, hold __, _ won't delay." - The Beatles, "Wait"
49. Attraction
50. Parrot
53. "Gangnam Style" artist
55. Parade bigwig
58. Creature in ancient Egyptian art
59. The __, Manitoba
62. Toronto's Dan- forth, e.g.
63. 'Very boring' job in "Echo Beach" by Martha & The Muffins: 2 wds.
66. Family
67. Intended
68. Cliff nest, variantly
69. Peculiar
70. PGA, et al.
71. Fret

Down
1. Greek†alphabet's 6th letter
2. Blunders
3. "Shucks!"
4. Lawn roll
5. "Dial _ __ Murder" (1954)
6. Indonesia's __ Islands
7. Square-one
8. __ __ for music (Not exactly a maestro)
9. Good way to take things: 2 wds.
10. Woof's counterpart
11. Mr. Lugosi
12. Mr. Warhol
14. Mr. Trotsky
18. Bureaucrat's adhesive?: 2 wds.
23. 'Heir' suffix
24. Behold
25. Infomercial's prompt to order: 2 wds.
26. Impede
27. Plant†life
28. Commuter's payment
30. Father-in-law for Esau
32. Jesse __ Ferguson of "Modern Family"
33. Famous soap couple, Luke and __
34. Curve
37. Nada in Nice?
38. 1983 Bonnie Tyler hit: "Total __ of the Heart"
41. Musical of 1943!
42. Elizabeth __ Stanton (Suffragist, b.1815 - d.1902)
47. Bad __ (German spa resort)
51. Montreal 'coffees'
52. As, in code
54. Microchip-implanting gr.
55. Shark sort
56. Passionate
57. Splinter
58. Memorizes the script and does this
59. Chipper
60. Indy 500 champ Mr. Luyendyk
61. Twist, as facts
64. Bed-and-Breakfast
65. __ Miserables

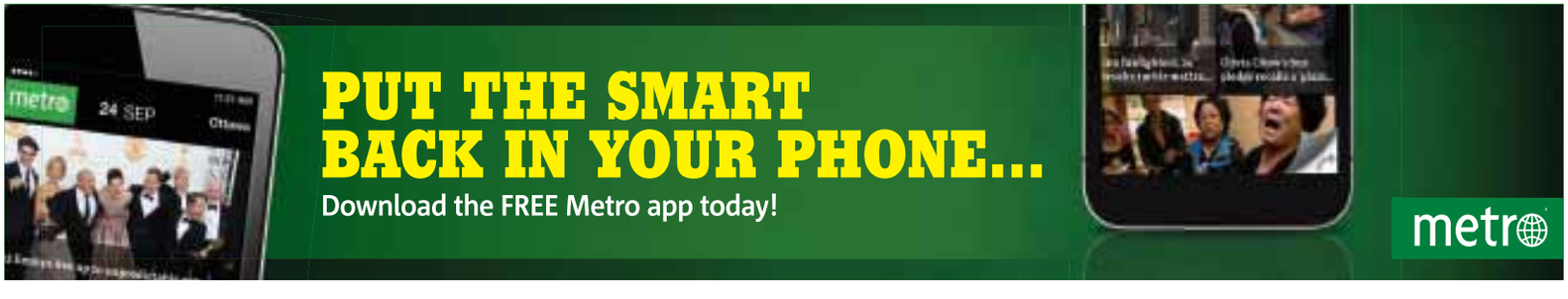
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's



METAL ROOFING
AT FACTORY DIRECT PRICING

LONDON
ECO-ROOF
MANUFACTURING INC.

0% 0 0$

INTEREST DEPOSIT PAYMENTS

PAY ABSOLUTELY NOTHING
UNTIL OCTOBER 2014

Call to Book Your Free Cost Effective Quote

519.451.7663
1.855.838.9393

Come to Our New Showroom
for Affordable Metal Roofing.
Available in **Steel** or **Aluminium**
in wide range of colours and profiles.

1682 Dundas St. E.
London, Ontario N5W 3C7

Open daily 9AM - 5PM and
9AM - 3PM Saturday
11AM - 4PM Sunday

D.IY.'s & Contractors Welcome

WARRANTY 55 YEARS WARRANTY

BBB

#1

www.londonecoroof.com

B) No fees

Tangerine gives you simple
no-fee daily banking.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license.
Forward Banking is a registered trademark of Tangerine Bank.

Choose one:

A) Fees
B) No fees

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking